



# HELLO autumn

October to December 2022

Here at Splash SureStart we have lots of exciting activities planned for the new season ahead. The weather is getting a little cooler but with nature's display of autumnal colours it's the perfect opportunity to wrap up warm and explore the great outdoors! Why not go on a nature hunt and use all your collected treasures to create some art together or simply enjoy the crunching sound of leaves under your feet. We would love to see all your Autumn inspired photos and to share these on our Facebook page if you would like to direct message us.

Crunching, crinkling Autumn leaves  
...spiralling, swirling in the breeze.

## *Our Surestart family is growing...*

We here at Splash SureStart are delighted to welcome Fidelma Browne as our new Speech & Language Therapist. Fidelma brings a great deal of knowledge and skills around early language and communication. Over the next coming months, she will be visiting and delivering groups to support our families and children. Fidelma looks forward to meeting you all.



To learn more about all our programmes visit our website

Splash SureStart, Office 1 First Floor, Legahory Centre, Craigavon, BT65 5BE  
Tel: 028 3831 3360. Email: [info@splashsurestart.org](mailto:info@splashsurestart.org). Website: [www.splashsurestart.org](http://www.splashsurestart.org)

# Fire Station Visit

Dads and Grandads Event

We are delighted to announce the return of our  
**LURGAN FIRE STATION VISITS**  
for Dads, Grandads and little ones

Saturday, 1st October 2022  
10.30am-12pm

Booking is essential please contact  
Keith on 07526006147 to express your interest

Please note that operational duties at the fire station take  
priority and this event may be cancelled at the last moment



# Nurturing Programme

10 Week Parenting Programme

This positive parenting programme will give  
you the knowledge and skills to build on  
your own valuable experiences

We will learn about:  
Nurturing ourselves  
Time out to calm down  
Boundaries  
Kindness charts  
Handling Emotions  
Praise and criticism



Limited creche places are available

Friday, 14th October-16th December 2022  
at 10.00am-12pm  
in Splash Training Room, Legahory  
Booking Essential

# Back to Life Back to Normality

12 Week Programme

## Mental Health & Life Skills

This programme includes

**LIVING LIFE TO THE FULL**

using Cognitive Behavioural Therapy concepts

and

**MINDFULNESS**

Wednesday, 5th October - 21st December 2022

at 7.00pm - 9.00pm

in Splash Training Room, Legahory



Booking Essential

# Baby Massage

5 Week Programme

Before babies are able to understand language,  
we often communicate and comfort them  
through touch. If a baby cries, for example,  
parents will hold, cuddle or stroke them.  
Baby massage is part of this natural impulse.  
This 5 week programme is aimed at babies  
from birth to 12 months

Friday, 4th November - 2nd December 2022  
at 11am-12pm in the YMCA, Lurgan



Booking Essential

# Halloween Party



Join us for some spooky fun and games with yummy Halloween treats. We will have plenty of sensory play activities for your little ones. Learn ways to decorate pumpkins and experiment with making lotions & potions. You are welcome to come in fancy dress if you like!

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Wednesday, 26th October 2022  
at 11am-12.30pm  
in the Links, Lurgan

Age 0-4yrs

Please contact the office to book your place



# Christmas Party

Come along for a fun filled morning or afternoon as we get ready to celebrate the big day. Join our elves in the workshop, building toys, wrapping presents and writing letters. Santa will be there, in his winter wonderland home and he is looking forward to meeting you all!

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Wednesday, 14th December 2022  
at 11am-12.30pm (0-4yrs)  
or 1.30pm-3.00pm (0-11yrs)  
in St. Anthony's Hall, Craigavon

Please contact the office to book your place



# UPCOMING ACTIVITIES FOR OCTOBER TO DECEMBER 2022

Activity	Day	Dates	Times	Venue	My Notes & Bookings
Delicious Dishes Workshop (0-4yrs)	Monday	24th October	11am-12.30pm	Legahory Playroom	
Splash Water Babies (0-2yrs)	Monday	7th Nov-5th Dec	12.30pm-1pm 1pm-1.30pm	South Lakes	
Paediatric First Aid Course	Monday	7th & 14th Nov or 21st-28th Nov	6pm-9pm	Chrysalis Womens Centre	
Baby Babble & Bounce (6-12mths)	Monday	7th-28th Nov	10.30am-11.30am	Legahory Playroom	
OT Clinic	Monday	5th December	10am-1pm	Splash Training Room	
Baby Cafe (0-1yr)	Tuesday	4th Oct-6th Dec	10am-11am	Legahory Playroom	
Breastfeeding Support	Tuesday	4th Oct-6th Dec	11.30am-12.30pm	Legahory Playroom	
Dads & Kids Play club (0-4 yrs)	Tuesday	Weekly ongoing	10.00am-12pm	Taghnaven Community Centre	
Time For Me (Adults) Autumn Decorations	Tuesday	18th October	6.00pm-7.30pm	Splash Training Room	
Disney Play Time (0-4yrs)	Tuesday	18th Oct-8th Nov	10am-11am or 11.30am-12.30pm	Splash Training Room	
Listen, Move & Play (1-4yrs)	Tuesday	15th Nov-6th Dec	10am-11am	Splash Training Room	
Mini Movers (0-4yrs) Physical Play	Tuesday	15th Nov-6th Dec	11.30am-12.30pm	Splash Training Room	
Oral Health Workshop (0-4yrs)	Tuesday	6th December	10.30am-11.30am	YMCA Lurgan	
Fun For All (0-4 yrs) Drop in Sessions	Wednesday	5th Oct-30th Nov	10.30am-12pm	LINKS Lurgan	
Pickle Ball Dads & Grandads	Wednesday	5th Oct-30th Nov	10am-12pm	Legahory Playroom	
Meet the Midwife	Wednesday	19th October	10.00am-12pm	Splash Training Room	
Rhyme Time (0-4yrs)	Wednesday	23rd November	2pm-3pm	Brownlow Library	
Socialable Babies 0-3mths	Wednesday	12th Oct-30th Nov	7pm-8pm	Taghnaven Community Centre	
SLT Clinic (1-4yrs)	Thursday	13th Oct, 20th Oct or 20th Nov	2pm-4pm 10am-1pm	Legahory Playroom	
Pregnancy, birth to baby Programme	Thursday	3rd Nov-24th Nov	11am-12pm	Splash Training Room	
Parents Forum	Thursday	17th November	6.30pm-7.30pm	Splash Training Room	
Christmas Crafts (0-4yrs)	Thursday	8th December	11am-12pm	Legahory Playroom	
Post Natal Pilates	Friday	7th - 28th October	11.30am-12.30pm	Fitzone	
Fancy Dress Walk (0-4yrs)	Friday	28th October	10am-11pm 11.30am-12.30pm	Lurgan Park	
Home Safety Workshop	Friday	4th November	11am-12pm	St. Anthony's Hall	
Crafty Play Workshop (0-4 yrs)	Friday	25th November	10am-11pm 11.30am-12.30pm	Lurgan Park	
Splash Out Saturdays	Saturday	12th November or 3rd December	10:30am-12pm	St. Anthony's Hall Church of the Nazarene	
Fathers & Families Fishing	Saturday	15th Oct, 12th Nov and 3rd Dec	11am-1pm	South Lakes	

**All activities must be booked**

Please contact the office on 028 3831 3360 to place your name on an expression of interest list